

Build Your New Reality by Making a Belief Board

By Carol Finlayson



How to turn stacks of magazines and a few simple arts and crafts supplies into an invaluable tool that will **CHANGE YOUR LIFE.**



Carol Finlayson, happiness guru and life coach.

Dear Friends,

Do you believe in yourself?

Do you honestly think that you are going to be successful?

Do you have the strength to wake up today and do what it takes to get to where you want to be tomorrow?

Two of the main obstacles on the path to success are lack of direction and lack of motivation. Not only do we not know where to go, we don't have the willpower to go there. How can we ever hope to live out our lives surrounded by happiness and success under these conditions?

The answer of course is that we can't. You have to know where you are going and you have to want to get there. If you don't have these things, you are essentially lost. But don't panic. We can get you there.

Many successful people use two essential tools to overcome these obstacles:

Visualization - The reason many of us do not get to where we are going is because we don't know where we want to go! We know that we want to be "happy" or "wealthy" but we don't know what those two terms really mean when put into

practice. Without having a clear picture in our minds of what our end goals are, we are essentially chasing a mirage.

Motivation - The easiest way to get motivated about doing something big and scary is to make it not so big or scary anymore. Look at math. There are some pretty scary looking math problems out there, so scary that most of us believe that it is some sort of weird language that can only be understood by geniuses. However, almost all math problems boil down to four essential operations: addition, subtraction, multiplication, and division. If you can do those four things that you learned in primary school, then you can, with the right guidance, learn how to do just about any form of math out there.

So now all we need is a way to drill these two solutions into our head, something that keeps us both focused and motivated at the same time.

What I like to use is a "*Belief Board*".

A belief board is a visual tool that helps to train your brain to break some of the internal negative beliefs that are holding you back. On top of that, it also is used to serve as a reminder of where you *want* to be by helping you visualize yourself as *already* being there.

A belief board is just that, a board on which you post the new beliefs that you are going to incorporate into your life. You will

post it near your workspace so that you can look up at it anytime of the day and see it. As time goes on, you will update it and expand it to reflect your new reality. As goals are met they are removed and replaced with newer and better ones and as new skills and beliefs take hold those can be updated as well.

The belief board works on two levels, the conscious and the subconscious. When you see the belief board above your workspace and read over a few of them, you are consciously reinforcing the beliefs that are on the board. As you go about your work day, your eyes will often cross over the board, you won't stop and read them, but your subconscious brain sees them and takes note. Every time you notice the board, either actively or subconsciously, the beliefs and goals on the board grow deeper roots in your life and soon become your reality.

Making a Belief Board

So let's make a belief board! It's easy to do and will quite literally change your life.

The first thing you'll need is a mounting surface. You can get some foam core board at your local big box store. You can go with sturdier stuff like plywood if you want, just be aware that you will need some real tools to mount the board on the wall due to the added weight. A belief board made on foam core or poster board is pretty lightweight and easy to hang, mount, or move around. But it's your board, so do whatever you think works best for you.

The next part is the fun part. You are going to make your beliefs come to life either through words, pictures, or both.

Let's say that one of your dreams is to someday own a house on a beach. I love to use magazine pictures on my board, in fact my friends have seen my stack of magazines that I keep with me at all times and have shown a little concern about it. Find a picture of a beautiful sunny beach with a crystal blue ocean and print it off or cut it out of a magazine. This picture represents your belief that you are going to someday live in a place similar to what is in the picture.



Magazines are a great source of pictures for your belief board.

Photo courtesy of WordRidden @ flickr.com

See how easy that was? Just remember that the pictures have to be *clearly* meaningful to you so that when you only catch a glimpse of them you still know what they mean to you. Also remember that the words and imagery are to be positive. Don't post a graphic picture of cancer ridden lungs if your goal is to stop smoking! Instead post something like someone completing a marathon.

I believe the best way to teach is through examples, so let's look at some more. I will list the common belief and some pictures or words that you might use to reinforce that belief.

“Money has never made man happy, nor will it. There is nothing in its nature to produce happiness. The more of it one has the more one wants.”

Benjamin Franklin



Financial Freedom

Of course you can use pictures of money or fancy cars, but being financially free is about much more than material goods, it's about memories and having the time to enjoy your life without the stress of making ends meet day after day. So pictures of families enjoying a day in the park or at an amusement park should do the trick. Of course if you are a bachelor then the pictures of cars and fancy homes might be better suited for you.

“I am debt free”, or “I pay all of my bills on time”, or even “I never have to worry about having enough money at the end of the month,” are all good beliefs to stick on your board. Remember that it doesn't matter that these things are not necessarily true RIGHT NOW.

The harder I work, the luckier I get.

Being Productive

You want to be productive and get things done, so make sure that you use positive images of people ENJOYING their work. Don't use pictures of women chained to a spinning wheel to try and motivate yourself to work harder. There are lots of pictures of people sitting at a work desk with their feet kicked back while they broker some important deal on the phone, smiling the whole time. Work is a part of our lives and even after we get rich and famous we will still be working a good deal of the time. So make sure that the image you choose reflects the work life you want to have someday, whether it's working in an office, in the woods, or building homes for needy families.

If you are just going to use words on your belief board, then phrases like "I don't get distracted easily" or "I enjoy finishing off all the small details" can help program your brain to stay focused on the task at hand until it is done. In today's digital world, procrastination is a huge problem. The Internet is like a 24 hour party always begging us to spend just a few more minutes clicking around and then, before we know it, hours of time have slipped right past us.

“The greatest degree of inner tranquility comes from the development of love and compassion. The more we care for the happiness of others, the greater is our own sense of well-being.”

Tenzin Gyatso, 14th Dalai Lama



Being Healthy

It's no secret that healthy people are happy people. A lot of problems that we suffer from today, including depression and anxiety, can be linked back to our diet and our lifestyle. By adding healthy habits and beliefs to your board, you will start training your brain AND your body.

For images to put on your board, put up realistic goal images. If you want to have six pack abs someday, then put them on the board! If you want to have golden bronze skin and a bikini body that someone would die for, then put it up there. You might look more like a nugget than a nymph right now, but this time next year you will be a knockout.

For your word based motivators, you can go with things like:

- I workout at least 3 times a week
- I will never drink a soft drink again
- I am a non-smoker

Establish the things you want your life to hold and put them on the board. They might seem a bit pie-in-the-sky right now, but little by little, day by day, the person you see in the mirror every morning will start to look more and more like the person described on the belief board.

“The best time to plant a tree is 20 years ago. The next best time to plant a tree is right now.”

And Beyond

Your belief board is a personal roadmap and blueprint for what you want your life to look like at some unspecified point in the future. Some of the beliefs might not come true until next week, next year, or next decade. The point, however, is that they are beginning to take hold and will grow a little bit every day.

What other things can you put on your board beyond what we have already talked about? Well, that’s up to you. It’s your life. Want to spend more time volunteering? Then tack up a note that says “I spend at least 3 hours a week helping others”. Worried that you are losing touch with your family? Then post a note that says “I check in with my parents at least twice a week” and then put a nice picture of a happy family enjoying themselves nearby.

Location, Location, Location

Once your board is finished (for now), it is time to put it up. It needs to go somewhere where you will see it several times a day. If you work at home, then a great place would be over your workspace. You might be tempted to use a picture of it as your desktop wallpaper, and you can, but you shouldn't put it just there. Your desktop wallpaper is often covered with icons and documents, so you will never see the entire belief board. It needs to be someplace that you can stare while sitting on the phone with a client or daydreaming.

If you don't have a home office then you are going to have to put it somewhere in your home where you can see it, maybe over the TV or the family computer. Yes, everyone will be able to see your belief board but there really isn't anything on it to be ashamed of, is there?

*“Laziness may appear attractive,
but work gives satisfaction.”*

Anne Frank



Photo courtesy of Elvert Barnes @ flickr

Turning Beliefs into Reality

Is a belief board going to magically make all your dreams come true?

No, only YOU can do that. There is no magic and there is no luck. There is only you and the work that you do. The belief board is merely a motivator and a visualization tool. It is easier to make the right steps on a journey if we know where we are going, and the belief board can help us see our destination.

Every day, little by little, the stuff on your belief board will make its way into your life. If you believe you are a non-smoker, you will not smoke. If you believe that you are a hard worker, then you will start working harder. People have used similar techniques for centuries. Visualization, the law of attraction, The Secret, these are all just tools people have used to shape their perception of reality so that they will start behaving in ways to make that reality come true.

Carol Finlayson is a life coach and happiness guru and she is ready to help *you* fulfill your dreams and find the rewarding life that you deserve. Contact Carol through her email at mcarolfinlaysoncoaching@gmail.com or connect to her on [Facebook](#).